


Your milk supply at this time



*"Although
sadly I lost my
beautiful baby girl...
it brought comfort to know
that by donating my milk I was
able to help other babies on the
ward and support their families.
It meant a lot to me knowing that
a little bit of her was still here
fighting and helping others."*

*Ellie,
Bereaved Mother*

We are so sorry for your loss.

This leaflet aims to help you manage your milk supply during this difficult time.

The birth of your baby stimulates hormones that tell your body to produce milk.

Milk usually 'comes in' three to five days after a baby is born. Your breasts will feel fuller and may leak milk. Everyone experiences this process differently.

Doing nothing to stimulate your breasts will send a message to your body to stop making milk and your milk supply will eventually dry up.

During this process, you may feel some discomfort, and may leak some milk.

You can use a nursing pad inside your bra to absorb the leaking milk. Wear a bra that supports your breasts, and is not too tight or too loose.

Cabbage leaves or cool compresses can be used to relieve swelling and minor discomfort. Expressing small amounts can also relieve some of the pressure.

If you are experiencing difficulties suppressing your milk, contact your midwife or GP.

There is also an option to donate your breast milk to the Oxford Human Milk Bank. Please ask your midwife for more information.

You can also visit:

www.ouh.nhs.uk/maternity/feeding/milk-bank.aspx

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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www.ouh.nhs.uk/information



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